

# Press Release



John Hoeven, Governor  
Douglass A. Prchal, Director

1600 East Century Avenue, Suite 3  
Bismarck, ND 58503-0649

Phone 701-328-5357

Fax 701-328-5363

E-mail [parkrec@state.nd.us](mailto:parkrec@state.nd.us)  
[www.NDparks.com](http://www.NDparks.com)

For Immediate Release, May 19, 2006

For more information, contact Arik Spencer, 701-328-5357

## ***Take a Hike on National Trails Day***

Celebrate National Trails Day with a hike in one of North Dakota's state parks on Saturday, June 3. Planned state park hikes and events are scheduled for Beaver Lake, Cross Ranch, Fort Abraham Lincoln, Fort Ransom, Fort Stevenson, Grahams Island, Icelandic, Lake Sakakawea, Lake Metigoshe, Lewis and Clark, and Turtle River State Parks.

National Trails Day was created to forward the goals of Trails for All Americans, a plan to establish a nationwide network of trails that brings people from their backyards to the backcountry and joins small towns to big cities to wilderness. The celebration calls attention to the diverse benefits of trails while increasing public awareness of the importance of protecting these resources.

Planned hikes on Saturday, June 3, include:

**Beaver Lake State Park, Wishek:** Hikers should meet at the north picnic shelter at 10 a.m. for a ranger guided hike of Beaver Lake State Park. For more information please call 701-452-2752.

**Cross Ranch State Park, Center:** Join a ranger for a guided hike along the Missouri River. Prizes will be awarded and refreshments will be served. Meet at 2 p.m. CDT at the Rivers Peoples Visitor Center. For more information please call 701-794-3731.

**Fort Abraham Lincoln State Park, Mandan:** Hikers should meet at 2 p.m. at the Valley Picnic Shelter for a 1.5 mile, guided hike of the Ridgeline Nature Trail. For more information please call 701-667-6340.

**Fort Ransom State Park, Fort Ransom:** Join the Park Manager for a guided hike on the North Country National Scenic Trail. The hike will begin at the Bjone House Visitor Center at 10 a.m. and last about two hours. For more information please call 701-973-4331

**Fort Stevenson State Park, Garrison:** Hikers should meet at Guardhouse Interpretive Center at 2 p.m. for a one mile, ranger guided hike through the park's native prairie. For more information please call 701-337-5576.

**Grahams Island State Park, Devils Lake:** Join us at 10 a.m. and 2 p.m. for guided hikes along a 1.5 mile trail beginning at the Sivert Thompson Activity Center. For more information please call 701-766-4015.

**Icelandic State Park, Cavalier:** Icelandic State Park will be hosting two hikes for National Trails Day. First meet at 9:30 a.m. at the park maintenance shop area for a bluebird hike on a portion of the park's Bluebird Trail. Then at 4 p.m. meet at the Pioneer Heritage Center for a guided nature hike on the Wildwood Trail in the Gunlogson Nature Preserve. For more information please call 701-265-4561.

-back-

*Play in our backyard!*

**Lake Metigoshe State Park, Bottineau:** National Trails Day at Lake Metigoshe State Park will include activities throughout the day featuring a number of different hikes. All hikes will be led by an interpreter so come prepared to have fun and learn all at the same time. All participants will be eligible for door prizes. For More Information please call 701-263-4651.

**Lake Sakakawea State Park, Pick City:** Meet at 10 a.m. CDT at the park visitor center ½ mile north of Pick City for refreshments and a chance to win Trails Day T-shirts. A naturalist-guided hike will follow on the North Country National Scenic Trail. Bring your water bottle, camera and a friend for this two mile, easy-to-moderate difficulty hike. For more information please call 701-487-3315.

**Lewis & Clark State Park, Epping:** Hikers should meet at 2 p.m. at the Trader's Bay Concession building for a guided hike and to help GPS the parks trails. Stay after for a picnic and a chance to win National Trails Day prizes. For more information please call 701-859-3071

**Turtle River State Park, Arvilla:** Join our naturalist for a one hour guided hike and discussion about the park's "Trails Master Plan." Meet at 2 p.m. at the Chalet. Trails discussion will follow. Participation awards to all comers. For more information please call 701-594-4445

Other events held in North Dakota this year include:

The Maah Daah Hey Trail Association will be conducting maintenance on the Buffalo Gap Trail from 10:00 a.m. to 3:00 p.m. on Saturday June 3<sup>th</sup> beginning at the Buffalo Gap Campground west of Medora. For more information call 701-225-5151.

For more information about National Trails Day or about hiking within North Dakota's state parks, contact the North Dakota Parks and Recreation Department at 701-328-5357.